



BartlesvilleSoccer.Org



Training Session

Team: U5 Group (2012's)

Duration: 1 hr.

Age Group Leader:

Topic: Coach's Choice

Time	Activity & Description	Coaching Points	Field Layout
5 mins	<p>Whole Group Ball Mastery: (Warm-up)</p> <ul style="list-style-type: none"> - All players with a ball, arms length apart, where they can see instructor - On coach's command, players try to touch the ball as many times as possible while doing a specific ball mastery skill. <p>Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc...</p>	<ul style="list-style-type: none"> • Coaches walk around teaching and correcting technique. • During this time players get split into groups • Players should do "Helicopters" (Swing arms out and move so they cannot touch anyone) to find a good space to do ball mastery skills. <p>Coaches: All</p>	Open space
10 Mins.	<p>Station 1 :</p> <p>Progress to:</p>	<p>Coaches:</p>	
10 Mins.	<p>Station 2:</p> <p>Progress to:</p>	<p>Coaches:</p>	
10 Mins.	<p>Station 3:</p> <p>Progress To:</p>		

10 Mins.	<p>Station 4: 3v3 w/pugg goals (Directional Game)</p> <ul style="list-style-type: none"> - Teams play 3v3. - If the ball goes out a coach or volunteer plays a new ball in. <p>*** Coaches Tips</p> <ul style="list-style-type: none"> - Play the ball into the player who touches it least OR into a space on the field without any players. - Get 4 volunteers to collect soccer balls as the go out of bounds to pass to the Coach. - Coach always plays the ball in to avoid confusion. 	<ul style="list-style-type: none"> • Learning which direction to go to score goals and which goal to protect. • After a goal is scored. The ball • No Throw ins or Goal Kicks <p>Coaches:</p>	Full Field w/Pugg Goals
	<p>IF ALL ELSE FAILS, Play OUCH!</p> <p>Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she gets hit.</p>	<ul style="list-style-type: none"> • Distance from Target (too close or too far) • Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot. 	Circle or Grid
5 Mins.	<p>Cool Down:</p> <ul style="list-style-type: none"> - Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color. - All hands in and everyone says "1,2,3, I Love Soccer!" 	<p>Coaches: All</p>	

"1,2,3 I Love Soccer"